

Sticky Note Wall Bop

By whatmomslove.com



Directions:

- ❑ Attach 26 sticky notes to the back of a door and write a different letter or number on each one (in random order).
- ❑ Make a “start” line a few feet away from the door (more if you have older kids), and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks.
- ❑ Now instruct them to throw their object to try and hit the “A” or the “T”. Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters, have them start all over again!).
- Alternatively, write different point values on each sticky and give your child 10 throws. For each target they hit, mark down the number of points. At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score).

Note: make sure your kids are retrieving their throwing object themselves...running and bending down to pick it up over and over again is all part of the exercise!